Each class begins with a warm-up designed to stretch and strengthen all muscles and prevent injury. We also use the warm-up to work on correct technique and body alignment which is necessary to accomplish any technical steps in a dance. Next we go across the floor to learn these technical steps such as battements, chaines, piques, pirouettes, and jetes. We end class with a combination using skills that we worked on earlier in the class. We study a variety of styles such as traditional jazz, lyrical, musical theater, latin jazz, swing, and hip hop. We focus on the musicality of the movement and dancing the emotion of the song. The goal of these classes is to give each student a general understanding of dance and the tools to help them learn any dance.